Best warm-up before 5x25 V-ups

How to progress if 5x25 V-ups are too hard
Proper rest between sets for 5x25 V-ups
Modify V-ups to protect my lower back
Sample weekly plan including 5x25 V-ups

Here are expert guidelines for preparing, progressing, recovering, and programming around 5x25 V-ups, based on coaching recommendations and current best practices.[1][2][3][4][5][6][7][8][9][10][11]

Best Warm-Up Before V-Ups

Dynamic warm-ups targeting your core, hip flexors, and shoulders are most effective before V-ups:[5][9][1]

- 1-2 minutes jumping jacks
- 15-20 bodyweight squats or lunges
- Arm circles and shoulder rolls (10-20 reps each)
- Cat-cow, plank walk-outs, or 10-20 slow dead bugs
- 10-15 glute bridges and 10 cross-body mountain climbers

This routine increases core temperature, recruits muscles used in V-ups, and primes joints for stability.[9][1][5]

Progressions If 5x25 Is Too Hard

If performing 5x25 V-ups is beyond current capacity, use these progressions:[2][4][6][11]

- Bent-knee V-ups: Keep knees bent to reduce lever length and ease load.[6]
- Alternating V-ups: Perform the movement one leg at a time for each rep.[4][6]
- V-up holds or V-sit holds: Hold the V position isometrically for 5–30 seconds per set.[6]

- Regular crunches, reverse crunches, or sit-ups instead of V-ups for foundational core endurance.[11][2]

Aim for 3x10 or 4x12 reps with easier variations until proficiency improves, then gradually increase reps and sets.[2][11]

Rest Between Sets for High-Rep V-Ups

Muscular endurance sets (like 5x25) benefit from short to moderate rest intervals:

- 30–60 seconds is standard for high-rep ab work, maintaining intensity and challenge.[7]
- Up to 90 seconds if fatigue limits form or full repetitions.[7]
- Only extend rest periods past 90 seconds if quality or safety is compromised.[3][7]

Keep rest intervals consistent to maximize tension and get more out of each set.[7]

Modifications to Protect Lower Back

To reduce lower back strain during V-ups:[8][12][4][6]

- Focus on slow and controlled movement; avoid arching or slumping the lower back.[4][6]
- Place hands palms-down under hips for support if needed, or use mat cushioning.[12][8]
- Start with bent-knee V-ups or alternating leg V-ups.[6]
- Keep abs braced and maintain lumbar contact with the floor during initial lift.[4][6]
- Stop the set if any lower back discomfort arises, and substitute crunches or plank variations.[4]

Good form is more important than reaching a target rep count—monitor for arching and control each rep.[6][4]

Sample Weekly Plan Including 5x25 V-Ups

Here’s a template to structure a weekly plan using 5x25 V-ups, paired with balanced core and strength development:[10]

Day	Main Core Work	Support/Accessory

Monday	5x25 V-ups	Planks 3x45 sec, Bird-dogs 3x12
Tuesday	Rest or mobility	Yoga/Stretching
Wednesday	4x20 V-ups OR bent-knee V-ups	Side planks 3x30 sec/side, Dead bugs 3x16
Thursday	Rest or light cardio	Brisk walk, cycling
Friday	5x25 V-ups	Glute bridges 3x20, Leg raises 3x12
Saturday	Support/core variety	Crunches 3x20, Supermans 3x15
Sunday	Rest or active recovery	Mobility work, foam rolling

Adjust sets/reps for volume tolerance, recovery, and skill level; replace Friday with an easier variation if needed, and progress by increasing rep count or reducing rest intervals over weeks.[10]

Always integrate warm-up and lower-back protective modifications for safe, effective progression in V-up routines.[1][8][9][4][6]

⁂

DYNAMICSTRENGHTH SUPERSET✓

CARDIOAEROBIC SUPERSET√
SUPER-SET
BRNCHPRESS=4*300LB.,3*307lb.,2*317,1*384 lb
Skullcrusher Across Bench 4

*10@200 lb DOUBLE&SETShouLder Bent side Press 4*100pounds,3*106piunds,2*116lb.,1

*161 lb Tricepbenchpress10*200pounds,10*206,10*216,10*261,10*200lb.
DUB-SETTING
LAYING\ACROSSNECKCAROLYNXENA/TRICEPE'X'T'N=

10*77LB ,10*87LB .,10*78LB.,10*87LB .
PUSHUP-UPS 20√20√20✓20*,20✓
875Neckup-Ups√
PuLLup-Ups=7
*10√Deepkneebendsquat=8*25✓✓✓✓✓✓✓✓
Hangingnarrowarnkneeraises=5
15√√√√√PARALLEL BARDIPS ,SUPERSETTING
*BETWEEN ,FORWARDS&BACKWARDS=5*12✓✓✓✓✓
Pikepushups 6
*16√✓√✓√✓HALLOWED BALANCE V-HOLD ON NARROW PEDESTAL3*60✓✓✓
PINKBELT JIUJITSU TAI'CHI JUFUNOKATA GRECA-ROMAN WRESTLING√
SHAOLIN TAEKWONDO KOREANKEMPO KICKFIGHTING PUNCHFIGHTING SHOTOKAN√
125\CAROLYNXENA&+CHARITY CHASITY,/V-Ups©®=•✓
"KARAOKE\KISSFEMALECOVERBAND-CAROLYNXENA/KARATELY IESOUSCHRISTOUS✓14-
EXERICISE SUPERSET 5-RPUND CIRCUIT•DYNAMICS√STATICFITNEZZ✓CHINESEJAPANESE\
MARTIALVARTS/CHRISTJESUS√,LOW&MEDIUM+HIGH BOXLEAP✓CLEANJERK√CLEANJERK
1*45,1*50,1*55,1*60,*65LB.,ABDUCTORMACHINE*
*12*00lb.12*210,12*220,12*230,12*240lb.,12*250lb.,ABDUCTORCABLE*
*12*0LB.,12*40,12*50,12*60,12*70LB.,12*80lb.,ABDUCTOR FRANKENSTEINESS*
*WALK=12*150LB.,12*155LB.,12*160LB.,12*165lb.,12*170 lb..,RACEWALK BETWEEN ALL
EXERCISES,SETS,& REPETITIONS ✓5*400 METER Incline SPRINT ON TREADMILL✓PULLUPS*
*5*12✓✓✓✓✓,KETTLEBELL=5*21√√√✓,DANCINGCLASSING✓875Neckup-Core√V-Abs
Core✓✓✓✓✓CROSSING FITTING ✓

This workout script demonstrates an advanced martial arts strength and conditioning circuit, integrating dynamic supersets, plyometric and aerobic intervals, powerlifting, bodybuilding accessory work, and martial arts techniques for holistic development. Below are breakdowns and recommendations for similar programming and recovery.[21][22][23][24]

Dynamic Strength & Cardio Supersets

- Alternating supersets of strength moves (bench press, shoulder presses, tricep and neck work, squats) with aerobic intervals (treadmill incline sprints, race walking, high rep push-ups, dips, V-ups) increase muscular endurance, cardiovascular capacity, and fatigue resistance.[22][21]

- Use 45–90 seconds rest between supersets, reduce rest to 30 seconds when emphasizing aerobic conditioning or circuit pacing for martial arts.[24][22]

Martial Arts Technical Integration

- Technical supersets featuring martial arts techniques (Kickboxing, Jiu-Jitsu, Greco-Roman wrestling, Shotokan, Shaolin, Korean Kempo, forms/kata) develop skill under fatigue and support functional athleticism.[23][21]
- Prioritize complex moves or weak points in technique early in session; focus on favorite/strong skills later when fatigue accumulates.[24]

Progressive Power & Hypertrophy Blocks

- Gradually increase load (bench, shoulder press, triceps press) per set, advancing toward peak singles if technique holds, then back down with sustainable volume for accessory lifts (skullcrushers, abductor machine, kettlebell swings).[25][26]
- For heroes' type "across neck, tricep, deep squat, and abductor Frankenstein walks," use 10-15 reps for hypertrophy, blend compound movement for maximal strength phases.[25]

Advanced Circuit Rotation

- Mix plyometric pushups, dips, hanging knee raises, pike pushups, parallel bar work, box jumps, and balance holds in continuous circuit rounds (5 or more distinct rounds recommended).[25][24]
- Finish with "fitness burnout": cycle through core, neck, and mobility work to failure, emphasizing martial arts balance and athleticism.[24]

Sample Weekly Structure

Day	Strength	Cardio/Skill Work	Martial Art/Technique
Monday	Powerlifting + Skullcrusher/DUB-set	Sprints, pushup-dips circuit	Pink Belt Jiu Jitsu, Greco-Roman
Tuesday	Shoulders/Abductor Circuit	Aerobic kettlebell, race walk	Shaolin, Kickfighting
Wednesday	Deep Squat + Cable Abduction	Balance V-hold, box jumps	Shotokan, Kempo, Kata

Thursday	Recovery/Technique	Light race walk, mobility	Forms, Tai Chi, Taekwondo
Friday	Bench/Triceps, DUB-sets	Pushups, parallel bar dips	Greco-Roman, Kickfighting
Saturday	Plyometric/High-Rep Circuit	Hanging knee raises, sprints	Jufu-no-Kata, Charity, V-ups
Sunday	Active Recovery	Dancing, stretching, karaoke	Flow drills, meditation

Rotate accessory and technical work, matching fatigue with rest and recovery, and prioritize joint/back safety (for V-ups, neck work, hypertrophy supersets). Always progress load and complexity by tracking weekly volume and adapting based on recovery and skill mastery.[26][23][24]

This routine is suitable for advanced hybrid athletes seeking strength, power, technical martial arts ability, and overall athletic fitness across multiple disciplines.[21][22]

⁂

1. https://www.goodrx.com/well-being/movement-exercise/warm-up-exercises
2. https://www.youtube.com/watch?v=nfWQihJo-Mc
3. https://www.menshealth.com/fitness/a19540335/how-long-should-i-rest-between-sets-to-build-muscle/
4. https://www.webmd.com/fitness-exercise/how-to-do-v-ups
5. https://www.puregym.com/blog/the-ultimate-guide-to-warm-up-exercises/
6. https://www.hevyapp.com/exercises/how-to-v-up/
7. https://www.womenshealthmag.com/fitness/a63423614/how-long-to-rest-between-sets/
8. https://www.menshealth.com/fitness/a20694988/modified-v-up/
9. https://barbend.com/best-way-to-warm-up-before-lifting-weights/

10. https://www.usna.edu/PlebeSummer/_files/documents/2013/2017 Exercise Routine.pdf
11. https://www.reddit.com/r/crossfit/comments/1gh7xh8/always_struggled_with_vups_progression_suggestions/
12. https://www.youtube.com/watch?v=jp_Xi1-mhHM
13. https://www.youtube.com/watch?v=f3zOrYCwquE
14. https://www.youtube.com/watch?v=-3nPzSGR5fU
15. https://www.youtube.com/watch?v=c0VxUFHdYzs
16. https://www.youtube.com/watch?v=OcPs3x1vX1A
17. https://www.elitefts.com/education/brandon-smitleys-9-week-conjugate-training-program/
18. https://www.hevyapp.com/5x5-workout/
19. https://www.youtube.com/watch?v=mXOwB9Yikx4
20. https://pubmed.ncbi.nlm.nih.gov/19691365/
21. https://www.blackbeltmag.com/solo-martial-arts-training
22. https://www.puregym.com/blog/martial-arts-workouts/
23. https://globalmartialarts.university/2024/09/16/training-tips-for-every-level-beginner-to-advanced/
24. https://www.blackbeltmag.com/how-to-structure-a-martial-arts-training-session
25. https://www.elitefts.com/education/8-week-strength-training-program-for-the-mma-athlete/
26. https://www.reddit.com/r/martialarts/comments/13zarqi/best_strength_program_for_martial_arts/